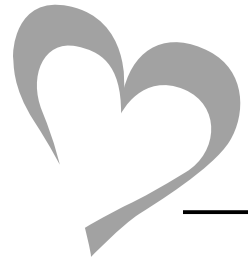


# You Should Know...



## For the Health of You and Your Newborn — Quit Smoking Now

**W**hen you are pregnant, everything you do affects your baby. So if you smoke, your baby is smoking, too. When you are around others who are smoking, you and your baby also are breathing harmful chemicals.



Cigarette smoke contains more than 4,000 harmful chemicals and when you smoke, these chemicals keep your baby from getting food and oxygen, which can permanently damage your baby's

brain, lungs, heart and blood vessels. By smoking, you increase the chances of having a miscarriage or having a premature or low birthweight baby.

Smoking near your newborn is also harmful. Babies that breathe secondhand smoke are more at risk of developing many illnesses, including asthma, bronchitis, pneumonia and other lung diseases, as well as an increased risk of Sudden Infant Death Syndrome (SIDS). The chemicals in cigarette smoke can also reduce your supply of breast milk or enter your breast milk, causing colic, vomiting, diarrhea or fast heartbeats.

In addition to medical problems, statistics show that children whose mothers smoked during and after pregnancy are much more likely to have learning problems later in life than children whose mothers did not smoke.

Now that you know the dangers of smoking, it's time to quit. Not only will quitting benefit your baby, it will give you more energy, which you're going to need. It will also help you breathe easier, reduce coughing, make your food taste better and save you money.

At first, quitting may seem overwhelming, but it is the best decision for you and your baby. Here are a few tips to help you quit:

- Take one day at a time. Each day tell yourself, "I am not going to smoke today!"
- Stay positive.
- Avoid reminders of smoking. Throw out all cigarettes.
- Drink 6 to 8 glasses of water a day and avoid caffeine, which can make you crave smoking.
- Keep low-calorie, healthy snacks handy. Chew sugarless gum or eat celery and carrots.
- Keep your hands busy. Knit a blanket. Make a baby album. Read or play with your baby.
- Ask for support from your family, friends and health care provider. Ask a friend or partner to quit with you. Ask others not to smoke around you.
- Do not let anyone smoke in your home.
- Even if you can't totally quit, give your baby a better chance by cutting back.
- Most of all, reward yourself for not smoking. Remember, a smoke-free you is the best gift to your baby -- and yourself!

There are programs that can help pregnant women and those thinking of becoming pregnant. Local clinics, county agencies or community-based organizations are excellent resources, or call 1(800) LUNG-USA.

*Sources: Department of Health Services' Tobacco Control Section, American Lung Association [www.lungusa.org](http://www.lungusa.org), "Smoke Free Families: Innovations to Stop Smoking During and Beyond Pregnancy" by Cathy Melvin, PhD, M.P.H., Director of National Dissemination Office for Health Services Research, and American Legacy Foundation: Initiative on Women and Smoking.*